

No Walls, No Ceilings, No Floors

COPPER KNOB
BY STEPHEN METZ

拍數: 60 牆數: 1 級數: Intermediate/Advanced waltz
編舞者: Max Perry (USA)
音樂: No Walls No Ceilings No Floors - Barbara Mandrell



You can download the music from www.AudioGalaxy.com

LEFT TWINKLE, RIGHT TWINKLE, SYNCOPATED WEAVE, CROSS ROCK, SYNCOPATED WEAVE, CROSS ROCK

- 1-2-3 Step left forward and across right, step right to right side, step left diagonally forward
4-5-6 Step right forward & across left, step left to left side, step right diagonally forward
1-2&3 Step left forward and across right, step right to right side, cross left behind right, step right to right side
4-5-6 Cross rock left over right, step right in place, step left to left side
1-2&3 Cross right over left, step left to left side, cross right behind left, step left to left side
4-5-6 Cross rock right over left, step left in place, step right to right side

½ OPEN LEFT BOX TURNING ¼ LEFT, STEP BACK, SYNCOPATED RUNNING STEPS CURVING ¾ LEFT

- 1-2-3 Step left forward turning ¼ left, step right to right side, step left back (face 9:00)
4 Step right back
5&6 Step left forward, step right forward, step left forward curving in a tight turn ¾ left to face 12:00 wall

2 PROGRESSIVE BACK TWINKLES, LEFT 360 ROLLING TURN, 360 LEFT RUN AROUND TURN

- 1-2-3 Step right back, step left to left side, step right diagonal back
4-5-6 Step left back, step right to right side, step left diagonal. Back
1-2-3 Cross step right behind left starting to turn to left, step left forward turning, step right back turning to complete a full turn traveling to left to end facing 12:00
4&5&6 Step forward (small steps) left, right left, right, left curving in a tight circle (a full circle) left to end still facing 12:00 wall

ROLLING 360 RIGHT, SYNCOPATED WEAVE RIGHT, CROSS ROCK, SYNCOPATED WEAVE LEFT, CROSS ROCK

- 1-2-3 Step right forward turning ¾ right, step left back turning ¼ right, step right to right side
4-5&6 Cross step left over right, step right to right side, cross left behind right, step right to right side
1-2-3 Cross rock left over right, step right in place (recover), step left to left side
4-5&6 Cross step right over left, step left to left side, cross right behind left, step left to left side
1-2-3 Cross rock right over left, step left in place, step right to right side

FORWARD, FORWARD, FORWARD, ROCK FORWARD, STEP BACK, SLIP PIVOT SYNCOPATED TURN RIGHT

- 1-2-3 Step forward left, right, left
4-5-6 Rock right forward, step left in place (recover), step right back
1-2&3 Step left back, step right forward turning in a tight circle right, step left forward turning, step right forward turning - end up still facing 12:00

REPEAT

TAG

After 2nd repetition of the dance

4 MEASURES OF AN OPEN LEFT BOX (4X1,2,3)

- 1-2-3 Step left forward turning ¼ left, step right to right side, step left back

4-5-6 Step right back turning $\frac{1}{4}$ left, step left to left side, step right forward
1-6 Repeat box counts 1-6 end up facing 12:00 wall

ROCK STEP, TOGETHER, ROCK STEP, TOGETHER, FORWARD, FORWARD, FORWARD, BACK, BACK, TOGETHER

1-2-3 Rock left forward, step right in place, step left next to right

4-5-6 Rock right forward, step left in place, step right next to left

On these rock steps dance them as though they have a slight lunge to them and use a strong contra body movement. Upper body should turn or sway opposite to the forward foot

1-2-3 Step left forward, step right forward, step left forward

4-5-6 Step right back, step left back, step right next to left
